



Youth Risk Behavior Survey

Nutrition And Weight

General Survey Information

The Youth Risk Behavior Survey (YRBS) is part of a biennial national effort led by the Centers for Disease Control and Prevention (CDC). The YRBS monitors health risks and behaviors in six categories, which are related to the leading causes of mortality and morbidity among both youth and adults. Data is collected from 9th through 12th graders on behaviors that contribute to physical activity, nutrition, tobacco use, alcohol and other drug use, violence and injuries, and sexual behavior.

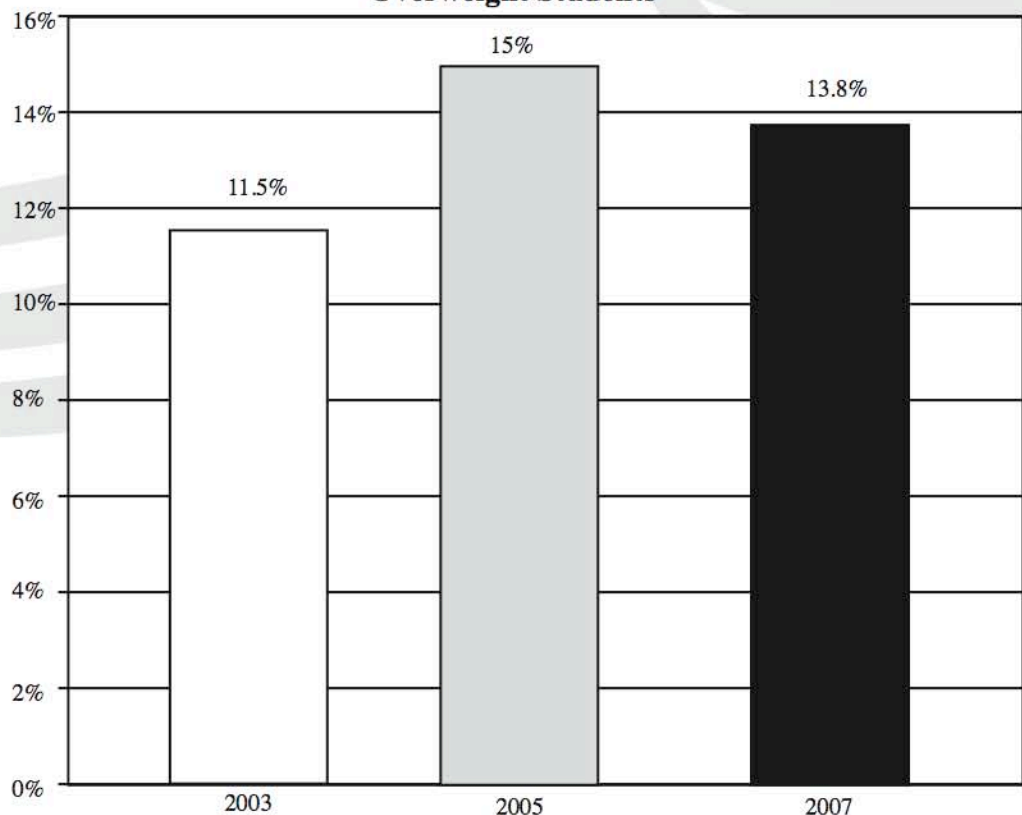
The Problem

Good nutrition is vital to good health and is essential for the healthy growth and development of children and adolescents. Major causes of morbidity and mortality in the United States are related to poor diet and a sedentary lifestyle. In Adolescents, obesity is associated with a greater risk for high blood pressure, type 2 diabetes, and high cholesterol. There is also an increased risk later in life for developing coronary heart disease, high levels of triglycerides, stroke, sleep apnea and respiratory problems, gallbladder disease, some types of cancer (endometrial, breast, and colon), and osteoarthritis of the weight-bearing joints.¹

Indiana YRBS Data

According to the 2007 YRBS, 13.8% of students were overweight*, which is a decrease from the 2005 results of 15% as shown in Figure I. Additionally, 15.3% of Indiana students were at risk for becoming overweight, which is defined as being at or above the 85th percentile but below the 94th percentile for body mass index, by age and sex, and is calculated based on self-reported weight and height data.

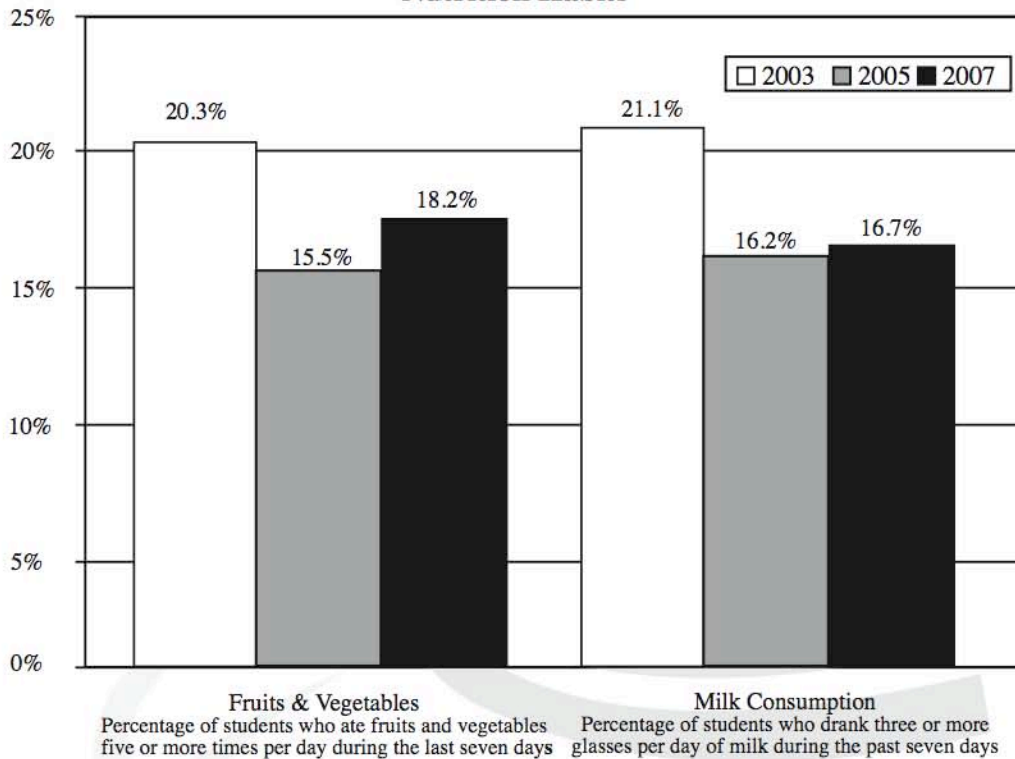
FIGURE I
2007 Indiana YRBS
Overweight Students*



* At or above the 95th percentile for body mass index, by age and sex. The body mass index is calculated based on self reported weight and height data.

2007 Indiana Youth Risk Behavior Survey

FIGURE II
2007 Indiana YRBS
Nutrition Habits



The 2007 Indiana YRBS shows a statistically significant increase in the percentage of students who ate five or more servings of fruits and vegetables in the past seven days (18.2%) in comparison to the 2005 results (15.5%). The survey results also show a slight increase in milk consumption among Indiana high school students (16.7%) as compared to the 2005 YRBS (16.2%). However, milk consumption is still considerably lower among high school students as compared to 2003 (21.1%). It was also noted that in 2007, 35.6% of students drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.

More Facts

The percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days increased slightly from 6.8% in 2005 to 7.2% in 2007. The 2007 data also showed that 5.1% of high school students reported vomiting or taking laxatives to lose weight or keep from gaining weight. Additional information about the current weight and nutrition habits of Indiana's high school students can be found in Figure III.

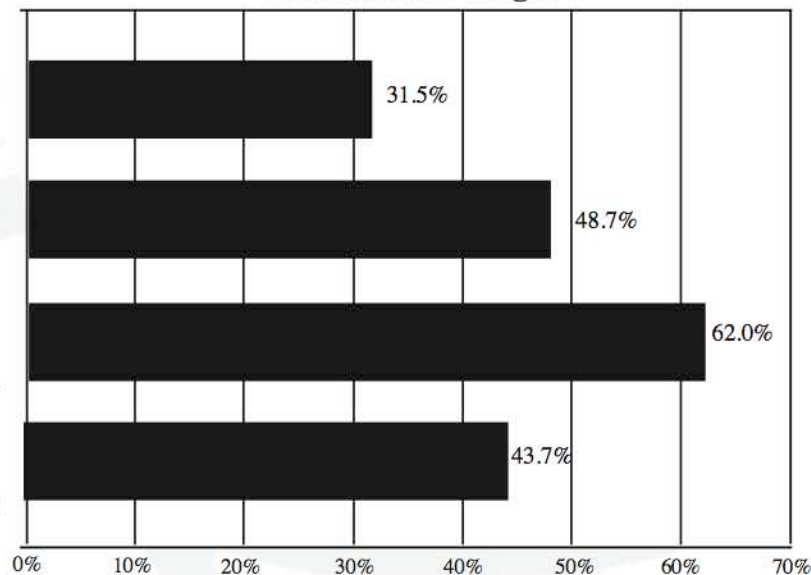
Described his/herself as slightly or very overweight.....

Currently trying to lose some weight.....

Exercised to lose weight.....

Ate less food to lose weight.....

Figure III
2007 Indiana YRBS
Nutrition and Weight



Healthy People 2010 goals:

- p 19-3c Reduce the proportion of children and adolescents who are overweight or obese from 11% to 5%.

References:

1. Overweight and Obesity: Health Consequences, Centers for Disease Control and Prevention, <http://www.cdc.gov/nccdphp/dnpa/obesity/consequences.htm>

Go to www.in.gov/yrbs for a complete set of fact sheets, tables, graphs, and confidence intervals for all of the 2007 YRBS data. Confidence intervals should be utilized to determine which changes are statistically significant.

For More Information:

Indiana State Department of Health: 1-800-433-0746

2007 Indiana Youth Risk Behavior Survey (YRBS): www.in.gov/yrbs

Centers for Disease Control and Prevention – Youth Risk Behavior Surveillance System: www.cdc.gov/healthyyouth/yrbs